

## TEN THINGS EVERY CHILD NEEDS

Research shows that starting from birth, we can dramatically improve our children's early brain development and ability to learn by meeting these ten essential needs:

### INTERACTION

*Consistent, long-term attention from caring adults actually increases a child's capacity to learn.*

### TOUCH

*Holding and cuddling does more than just comfort a baby – it helps his/her brain grow.*

### STABLE RELATIONSHIPS

*Consistent relationships with parents and other caregivers buffer stress that can harm a child.*

### SAFE, HEALTHY ENVIRONMENTS

*Environments should be free of lead, loud noises, sharp objects and other hazards.*

### SELF-ESTEEM

*This grows with respect, encouragement and positive role models from the beginning.*

### QUALITY CARE

*Provided by trained professionals can make the difference when we can't be with our child.*

### PLAY

*This helps a child explore his/her senses and discover how the world works.*

### COMMUNICATION

*Talking with a baby builds verbal skills needed to succeed in school and later in life.*

### MUSIC

*This expands a child's world, teaches new skills and offers a fun way to interact with a child.*

### READING

*Reading to a child from the earliest days of life shows its importance and creates a lifelong love of books.*